

The RAAP Sheet

Research At Austin Physiotherapy

Austin Physiotherapy Research Team

Dr Cathy Said & A/Prof Julie Bernhardt

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Research News

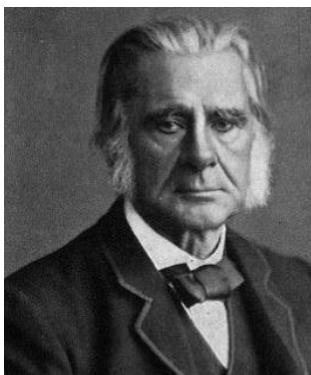
Another month and another exciting meeting to attend! Julie Bernhardt will be crossing the ditch (between the Austin and the Brain Centre) to talk about her recent travels. The topic is "Environmental Enrichment as a 'treatment' for brain injury: A whistle stop summary of a Churchill Fellowship."

A belated big thank you to Sue Berney for stepping in at very late notice to present at the July meeting! Her discussion into sedation and physical activity in ICU patients was very thought provoking.

Finally, the APA conference is coming up soon. Good luck to everyone who is presenting! If anyone happens to get their hands on a photo of the event, please send it in!

Katie

'Quote of the Month'



"The great tragedy of science - the slaying of a beautiful hypothesis by an ugly fact."

Thomas Huxley

<http://www.rugusavay.com/thomas-huxley-quotes/>

Upcoming Events

August 20

Physiotherapy Research Meeting

Presenter: Julie Bernhardt

Topic: Environmental Enrichment as a 'treatment' for brain injury.

4-5pm, Physiotherapy Conference Room

Austin Campus

August 28

Introduction to Research Methods

Presenter: Neville Yeomans

Topic: Basic Statistics Part 1

4:30-5:30pm

Education Precinct Lecture Theatre

Level 4, Austin Tower

Research Profile

“Early Stroke Rehabilitation. Is the jury still out?”

(From the APA Winter Breakfast 2013)

An early and chilly (freezing!) start didn't dampen the enthusiasm at this year's APA Winter Breakfast. Austin Health was well represented, with A/Prof Julie Bernhardt giving an excellent and inspiring presentation on the current evidence for early stroke rehabilitation. A/Prof Sue Berney and A/Prof Helen Dewey (Chair of the Victorian Stroke Clinical Network) were joined by Dr Kim Brock (St Vincent's senior neurological/ rehabilitation clinician and research coordinator) in an engaging and thought



provoking expert panel discussion, that explored the current challenges associated with caring for people following acute stroke.

Both the presentation and the panel received excellent feedback from attendees, with their broad range of expertise from ICU to rehab being greatly appreciated. Congratulations to all!

Conferences

Interested in an educational overseas vacation? Check the conference database for upcoming dates.

Please let us know if we are missing any upcoming events!

<M:\Physio\General\RESEARCH\Conference Calendar 2013-.xlsx>

Important Announcements

APA Conference 2013 Rehearsals

Rehearsals for the APA Conference will be held during the October research meeting.

Anyone who would like to practice their presentation is most welcome to take part. Please let Katie know ASAP if you would like a slot.



AMRF Grants

Have a burning idea you want to investigate? The AMRF offers small grants to help with small studies at Austin Health. Feel free to discuss any ideas with Cathy.

Applications for 2014 close 1st October 2013.

Go to the Hub for more details:
<http://hub/amrfgrant>

Research Achievements

Congratulations to 5 of our researchers who will be presenting at the 2013 APA Conference! In total, they will be presenting **12 different research projects** across the domains of ICU, orthopaedics, stroke and falls. There will be a 'sneak peek' of some of these presentations at our October meeting so be sure to come along.

Congratulations to **Selina Parry** who has recently returned from the American Thoracic Society Conference in Philadelphia. Selina presented on two topics, "Manual muscle testing in the critically ill population" and "Functional electrical stimulation-cycling in acute traumatic tetraplegia within four days post injury: a case report". We hope you had a great time!

Finally, we have several publications this month. Congratulations!

Santha Tisseverasungha - "A randomised controlled trial of transabdominal ultrasound biofeedback for pelvic floor muscle training in older women with urinary incontinence."

<http://search.informit.com.au/documentSummary;dn=369662072806306;res=IELNZC;>

Selina Parry, Sue Berney and Catherine Granger - "Electrical muscle stimulation in the intensive care setting: A systematic review."

http://journals.lww.com/ccmjournal/Abstract/publishahead/Electrical_Muscle_Stimulation_in_the_Intensive.97807.aspx

Sue Berney and Kimberley Haines - "A physical function test for use in the Intensive Care Unit: Validity, responsiveness and predictive utility of the Physical Function in Intensive Care Test (Scored)"; and "Exercise rehabilitation for patients with critical illness: a randomized controlled trial with 12 months follow up."

<http://ccforum.com/content/17/4/R156/abstract>

<http://ptjournal.apta.org/content/early/2013/07/24/ptj.20120310.short>

Full Articles - <M:\Physio\General\RESEARCH\Physio Publications\Full Articles>

Posters/Presentations

We are putting together a 'sharing folder' for posters and presentations our research staff put together for conferences/talks etc. If you have one, please send me a copy!



Austin Health Research Week (Nov 25-29)

The **Physiotherapy Research Seminar** will be held from **4-5pm on Tuesday 26th November**. Location TBC.

It would be appreciated if all physios (including Repat and Talbot staff) could make an effort to attend the seminar and support our hard working research team.

For anyone who is interested in what research is happening at Austin, poster sessions are running from 3:30-4:30pm Tuesday to Thursday.



Well done to our newsletter naming winners! (Credit goes to Mr. Guy for the true naming inspiration!).

Quirky Research

“Parachute use to prevent death and major trauma related to gravitational challenge: systematic review of randomised controlled trials”

Gordon C S Smith, Jill P Pell. **BMJ** 2003, VOLUME 327, PAGES 1459-1461.

Abstract

Objectives To determine whether parachutes are effective in preventing major trauma related to gravitational challenge.

Design Systematic review of randomised controlled trials. **Data sources** Medline, Web of Science, Embase, and the Cochrane Library databases; appropriate internet sites and citation lists.

Study selection Studies showing the effects of using a parachute during free fall. **Main outcome measure** Death or major trauma, defined as an injury severity score > 15. **Results** We were unable to identify any randomised controlled trials of parachute intervention. **Conclusions** As with many interventions intended to prevent ill health, the effectiveness of parachutes has not been subjected to rigorous evaluation by using randomised controlled trials. Advocates of evidence based medicine have criticised the adoption of interventions evaluated by using only observational data. We think that everyone might benefit if the most radical protagonists of evidence based medicine organised and participated in a double blind, randomised, placebo controlled, crossover trial of the parachute.

Research Activity

We are currently consolidating databases of all grants, research, and publications in the department. **If you have a new project, have modified a project or have recently been published** please send Katie an update.



Important Dates 2013

Physiotherapy Research Meeting Dates

(Physiotherapy Conference Room, 4-5pm)

August 20

September 17

October 15

November 12

December 10

Introduction to Research Methods

Last Wednesday of the month, 4:30-5:30pm

APA Conference 2013

October 17-20

Austin Health Research Week

November 25-29